

5 A Day Recipes

Side Dishes

Spaghetti Squash with Parsley and Garlic

Serves 8

The spaghetti-like strands of this unusual squash are very good tossed with garlic and parsley. Be sure to cut the squash crosswise or else you will cut the strands in half.

- 1 spaghetti squash (4 lb)
- 1 Tablespoon margarine
- 3 cloves garlic, minced
- 1 cup coarsely chopped fresh parsley or grated zucchini
- 1¼ cup low fat plain yogurt
- Freshly ground pepper

In large pot of boiling water, cook whole spaghetti squash until tender when pierced with skewer, about 30 minutes (some varieties of squash may take longer). In small skillet, melt margarine over medium low heat; add garlic and cook until tender, about 1 minute. Drain squash and cut in half crosswise. Scoop out seeds. Run tines of fork lengthwise over squash to loosen spaghetti-like strands; scoop out strands into baking dish or serving bowl. Add garlic mixture, parsley, yogurt, and pepper to taste; toss to mix.

Nutritional Analysis

Calories: 102
Cholesterol: 0 mg
Fiber: 6 g
Sodium: 23 mg
% Calories from Fat: 17%

Microwave: Pierce spaghetti squash in 10 to 15 places with a fork; place in microwave safe dish and microwave at high (100%) power for 5 to 7 minutes per pound or until tender when pierced with fork. Turn over halfway through cooking. Let stand 5 minutes.

Steamer: Cut squash in half crosswise; scoop out seeds. Steam for 15 to 20 minutes or until tender.

This is an official 5 a Day Recipe, and provides eight people with one serving of vegetable each.